

ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS



STEVE COOK
OPTIMUM NUTRITION

KATHLEEN TESORI
BODYBUILDING.COM

30
DAYS



SAMPLE MEAL PLAN - 3000 CALORIES

BREAKFAST	PROTEIN	CARBOHYDRATES	FAT	CALORIES
8 EGG WHITES	29	0	0	137
1 WHOLE EGGS	6	0	5	72
2/3 CUP UNCOOKED OATS	9	36	3	207
1/2 TBSP NATURAL PEANUT/ALMOND BUTTER	2	2	4	53

TOTAL **46** **37** **12** **469**

MID-MORNING	PROTEIN	CARBOHYDRATES	FAT	CALORIES
2 TBSP NATURAL PEANUT/ALMOND BUTTER	8	8	16	210
2 SLICES WHEAT BREAD	7	28	2	149
10-12 STRAWBERRIES	0	12	0	50

TOTAL **15** **48** **18** **409**

LUNCH	PROTEIN	CARBOHYDRATES	FAT	CALORIES
5 OZ CHICKEN	44	0	5	234
7 OZ SWEET POTATO	4	41	0	179
2 CUP BROCCOLI	5	12	1	62
2 TEASPOONS OLIVE OIL	0	0	9	79

TOTAL **53** **53** **15** **554**

MID DAY	PROTEIN	CARBOHYDRATES	FAT	CALORIES
5 OZ CHICKEN	44	0	5	234
1 CUP COOKED BROWN RICE	5	46	2	218
3 CUPS SPINACH/MIXED GREENS	3	3	0	21
7-8 SLICES AVOCADO	2	5	7	90

TOTAL **54** **54** **14** **563**

DINNER	PROTEIN	CARBOHYDRATES	FAT	CALORIES
7 OZ TILAPIA OR WHITE FISH	51	0	5	245
1/2 CUP COOKED BROWN RICE	2	20	0	110
1 CUP MIXED VEGETABLES STEAMED	3	12	0	118

TOTAL **56** **32** **5** **473**

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SAMPLE MEAL PLAN - 3000 CALORIES

BEFORE BED	PROTEIN	CARBOHYDRATES	FAT	CALORIES
1/2 CUP CHOPPED TOMATO	1	4	0	16
1/2 CUP LOW FAT COTTAGE CHEESE	14	3	1	81
TOTAL	15	7	1	97

POST-WORKOUT	PROTEIN	CARBOHYDRATES	FAT	CALORIES
PROTEIN SHAKE	50	8	4	260
1 SMALL APPLE	0	20	0	77
TOTAL	50	28	4	337

DAILY TOTAL	292	259	69	2902
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SAMPLE MEAL PLAN - FOODS

AMOUNT	FOODS
5 AND 1/2 DOZEN	EGGS
4.5 LBS	CHICKEN OR LEAN TURKEY
3 LBS	TILAPIA OR WHITE FISH
2-3 LOAVES	WHOLE WHEAT OR MULTIGRAIN BREAD (LOW FAT)
1 LBS	DRY OATS
2.25 LBS	RAW BROWN RICE
3 LBS	SWEET POTATOES
2-3 CARTONS	FRESH OR FROZEN BERRIES
3	SMALL AVOCADOS
7	APPLES
3 LBS	BROCCOLI
3 LBS	MIXED VEGETABLES
1.5 LBS	SPINACH
4	TOMATOES
28 OZ	LOW FAT COTTAGE CHEESE
ALWAYS HAVE ON HAND	NATURAL PEANUT/ALMOND BUTTER EXTRA VIRGIN OLIVE OIL

NOTES
